

★ Star-K List of Popular Cereals and their Brochos

Last Updated: July 2010

| CEREAL NAME | STATUS | BROCHA | BROCHA ACHRONA |
|---|---|----------|----------------|
| General Mills (when bearing OU) | | | |
| Basic 4 | Dairy | Mezonos | Al Hamichya |
| Cheerios (Original, Apple Cinnamon, Frosted, Honey Nut, Multigrain) | Pareve | Mezonos | Al Hamichya |
| Cheerios – Banana Nut | Pareve | Shehakol | Borai Nefashos |
| Cheerios – Chocolate | Pareve | Shehakol | Borai Nefashos |
| Cheerios – Fruity | Pareve | Shehakol | Borai Nefashos |
| Cinnamon Toast Crunch, All | Dairy | Mezonos | Al Hamichya |
| Cocoa Puffs | Pareve | Shehakol | Borai Nefashos |
| Cookie Crisp | Pareve | Shehakol | Borai Nefashos |
| Corn Chex | Pareve | Hoadama | Borai Nefashos |
| Country Corn Flakes | Dairy | Shehakol | Borai Nefashos |
| French Toast Crunch | Dairy | Mezonos | Al Hamichya |
| Frosted Chex | Pareve | Mezonos | Borai Nefashos |
| Golden Grahams | Dairy | Mezonos | Al Hamichya |
| Honey Nut Chex Cereal | Pareve | Hoadama | Borai Nefashos |
| Honey Nut Clusters | This cereal is currently being researched | | |
| Kix - (Original, Berry Berry) | Pareve | Shehakol | Borai Nefashos |
| MultiBran Chex | Pareve | Shehakol | Borai Nefashos |
| Oatmeal Crisp, All | Dairy | Mezonos | Al Hamichya |
| Raisin Nut Bran | Dairy | Mezonos | Al Hamichya |
| Reese's Puffs | Pareve | Shehakol | Borai Nefashos |
| Rice Chex | Pareve | Mezonos | Borai Nefashos |
| Total | Dairy | Mezonos | Al Hamichya |
| Total Raisin Bran | Dairy | Mezonos | Al Hamichya |
| Trix | Pareve | Shehakol | Borai Nefashos |
| Wheat Chex | Pareve | Mezonos | Al Hamichya |
| Wheaties | Dairy | Mezonos | Al Hamichya |

| Kashi (when bearing OU) | | | |
|---|--------|---------|----------------|
| 7 Whole Grain Puffs | Pareve | Hoadama | Borai Nefashos |
| Go Lean | Pareve | Hoadama | Borai Nefashos |
| Go Lean Crunch | Pareve | Mezonos | Al Hamichya |
| Good Friends | Pareve | Hoadama | Borai Nefashos |
| Heart to Heart Honey Toasted Oat Cereal | Pareve | Mezonos | Al Hamichya |
| Mighty Bites (Cinnamon, Honey Crunch) | Pareve | Mezonos | Al Hamichya |

| Kellogg's (when bearing K) | | | |
|-------------------------------------|--------|----------------------|------------------|
| All Bran - Bran Buds | Pareve | Shehakol | Borai Nefashos |
| All Bran - Original | Pareve | Shehakol | Borai Nefashos |
| Apple Jacks | Pareve | Mezonos | Al Hamichya |
| Cocoa Krispies | Pareve | Mezonos | Borai Nefashos |
| Complete All Bran Oat Bran Flakes | Pareve | Mezonos | Al Hamichya |
| Complete All Bran Wheat Bran Flakes | Pareve | Mezonos | Al Hamichya |
| Corn Flakes | Pareve | Hoadama | Borai Nefashos |
| Corn Pops (U.S.) | Pareve | Hoadama | Borai Nefashos |
| Cracklin' Oat Bran | Dairy | Mezonos | Al Hamichya |
| Crispix - All | Pareve | Mezonos and Hoadama* | Borai Nefashos* |
| Froot Loops | Pareve | Mezonos | Al Hamichya |
| Frosted Flakes | Pareve | Hoadama | Borai Nefashos |
| Honey Smacks | Pareve | Mezonos or Hoadama** | Borai Nefashos** |
| Just Right | Pareve | Mezonos | Al Hamichya |
| Lowfat Granola with/without Raisins | Dairy | Mezonos or Hoadama** | Borai Nefashos** |
| Mini Swirlz - Cinnamon Bun | Dairy | Mezonos | Al Hamichya |
| Mueslix | Pareve | Mezonos | Al Hamichya |
| Product 19 | Pareve | Mezonos | Al Hamichya |
| Raisin Bran | Pareve | Mezonos | Al Hamichya |
| Raisin Bran Crunch | Pareve | Mezonos | Al Hamichya |
| Rice Krispies | Pareve | Mezonos | Borai Nefashos |
| Smart Start | Pareve | Mezonos | Al Hamichya |
| Special K (Original) | Dairy | Mezonos | Al Hamichya |
| Toasted Honey Crunch | Dairy | Mezonos | Al Hamichya |
| Tony's Cinnamon Krunchers | Pareve | Mezonos | Borai Nefashos |

| CEREAL NAME | STATUS | BROCHA | BROCHA ACHRONA |
|---|--------|----------|----------------|
| Kemach (when bearing the symbol of Rabbi N.N. Horowitz and OK) | | | |
| Bran Flakes | Pareve | Mezonos | Al Hamichya |
| Bunch 'O Krunch | Pareve | Shehakol | Borai Nefashos |
| Choco Chippers | Pareve | Shehakol | Borai Nefashos |
| Cocoa Munchees | Pareve | Shehakol | Borai Nefashos |
| Corn Flakes | Pareve | Shehakol | Borai Nefashos |
| Crisp Rice | Pareve | Mezonos | Borai Nefashos |
| Fruit Whirls | Pareve | Mezonos | Al Hamichya |
| Honey Nut Toasted Oats | Pareve | Mezonos | Al Hamichya |
| Raisin Bran | Pareve | Mezonos | Al Hamichya |
| Sugar Frosted Flakes | Pareve | Shehakol | Borai Nefashos |
| Sugar Puffed Wheat | Pareve | Hoadama | Borai Nefashos |
| Toasted Oats | Pareve | Mezonos | Al Hamichya |
| Whole Wheat Flakes | Pareve | Mezonos | Al Hamichya |

| Malt-O-Meal (when bearing OU) | | | |
|--------------------------------------|--------|---------|----------------|
| Apple Zings | Pareve | Mezonos | Al Hamichya |
| Blueberry Muffin Tops | Dairy | Mezonos | Al Hamichya |
| Crispy Rice | Pareve | Mezonos | Borai Nefashos |
| Dyno-Bites (Cocoa, Fruity) | Pareve | Mezonos | Borai Nefashos |
| Raisin Bran | Pareve | Mezonos | Al Hamichya |
| Scooters | Pareve | Mezonos | Al Hamichya |
| Toasty O's (All) | Pareve | Mezonos | Al Hamichya |
| Tootie Fruities | Pareve | Mezonos | Al Hamichya |

| Post (when bearing OK) | | | |
|--|--------|----------------------|------------------|
| Alpha Bits | Pareve | Mezonos | Al Hamichya |
| Banana Nut Crunch | Dairy | Mezonos | Al Hamichya |
| Bran Flakes | Pareve | Mezonos | Al Hamichya |
| Cocoa Pebbles | Pareve | Mezonos | Borai Nefashos |
| Cranberry Almond Crunch | Dairy | Mezonos | Al Hamichya |
| Fruit and Bran | Dairy | Mezonos | Al Hamichya |
| Fruity Pebbles | Pareve | Mezonos | Borai Nefashos |
| Golden Crisp | Pareve | Mezonos or Hoadama** | Borai Nefashos** |
| Grape Nuts | Pareve | Mezonos | Al Hamichya |
| Honey Bunches of Oats (Almond, Banana, Honey Roasted, Peach) | Dairy | Mezonos | Al Hamichya |
| Honeycomb | Pareve | Shehakol | Borai Nefashos |
| Raisin Bran | Pareve | Mezonos | Al Hamichya |
| Shredded Wheat, (Original, Spoon Size) | Pareve | Mezonos | Al Hamichya |
| Toasties Corn Flakes | Pareve | Hoadama | Borai Nefashos |
| Waffle Crisp | Pareve | Mezonos | Al Hamichya |

| Quaker (when bearing OU) | | | |
|---------------------------------|-----------------|----------|----------------|
| Cap 'N Crunch | Dairy | Shehakol | Borai Nefashos |
| Cap 'N Crunch - Crunch Berries | Dairy | Shehakol | Borai Nefashos |
| Cap 'N Crunch - Peanut Butter | Pareve | Shehakol | Borai Nefashos |
| Cinnamon Life | Pareve | Mezonos | Al Hamichya |
| Crisp Rice | Pareve | Mezonos | Borai Nefashos |
| Crunchy Corn Bran | Dairy Equipment | Shehakol | Borai Nefashos |
| Life (Original) | Pareve | Mezonos | Al Hamichya |
| Oatmeal Squares | Dairy | Mezonos | Al Hamichya |
| Puffed Rice | Dairy Equipment | Mezonos | Borai Nefashos |

*Recite Mezonos and eat the darker side (rice) first. Then recite Hoadama and then eat the lighter side (corn).

**As indicated in Igros Moshe OC 4:45 one may recite either a Mezonos or a Hoadama. See Kashrus Currents article *Brochos for Breakfast* in our Fall 2006 issue for a full explanation.

NOTE: Check packaging for kosher symbols. For the halachos of brochos recited on breakfast cereals, it is recommended that one reads the accompanying "Brochos for Breakfast" article. Due to possible future changes in formulations, this list should only be used through 2010. Check with Star-K for future updates. Also note, some cereals with Kosher certification were omitted from this list, as we were unable to obtain enough information to determine the correct Brocha.